

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

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### B042 – CHEESE, MOZZARELLA, LMPS, LOAVES, FROZEN, 6 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Low moisture, part skim (LMPS) mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains 30-45% milkfat by weight of the solids. Mozzarella has a mild pleasing flavor and is a good cooking cheese due to its good binding properties, moist texture, and ability to melt. Mozzarella cheese is an excellent source of calcium and contributor of protein, Vitamin A, and phosphorus to the diet. Mozzarella cheese loaves are frozen.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>8/6 lb loaves per case.</li> <li>One 6 lb loaf AP yields about 24 cups shredded cheese OR about 12 cups cubed cheese and provides about 96.0 1-oz servings cheese.</li> <li>One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese.</li> <li>CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store cheese frozen in its original container at 0 °F or lower until needed.</li> <li>Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



### Nutrition Information

Cheese, mozzarella, part skim milk, low moisture

	1 oz (28 g)
Calories	86
Protein	7.36 g
Carbohydrate	1.09 g
Dietary Fiber	0 g
Sugars	0.17 g
Total Fat	5.68 g
Saturated Fat	3.59 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.07 mg
Calcium	207 mg
Sodium	150 mg
Magnesium	7 mg
Potassium	27 mg
Vitamin A	147 IU
Vitamin A	39 RAE
Vitamin C	0 mg
Vitamin E	0.10 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Thaw frozen cheese in the refrigerator for 72 hours at 35 °F (best) to 41 °F (maximum) in its original wrapper to prevent moisture loss. The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process.</li> <li>Thawed cheese should be heated for 10 minutes at a temperature of 450 °F in a preheated oven. Heating the product at a higher temperature and/or for a longer period of time may cause the cheese to scorch and brown excessively. If using this product for pizza, it is also beneficial to place any additional toppings over the cheese, rather than placing cheese over the toppings. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Serve as is with sandwiches, fruit, in cooked dishes such as sauces, combination dishes, or breads and as a garnish for salads.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>